

## Social care for the elderly

### Abstract

The thesis deals with the issue of social care in the Czech Republic with regard to persons in retirement age. The main aim of this diploma thesis was to summarize the basic facts about this care and to provide the reader with a clear list of possible improvements or alternatives of social care for the elderly in various social security areas.

In the introductory part, the paper first examines whether there is a need to address this topic and whether the Czech population is really getting old. These hypotheses have been confirmed on the basis of statistical data. This analysis also showed that resolving aging in the Czech Republic can solve support for family care. This form of care is the cheapest and easiest form of care in the Czech cultural and social environment. For this reason, the second chapter examines specifically family care in the Czech Republic. It deals first with the advantages and disadvantages of family care, then mentions the issue of gender imbalance in providing this care and the contemporary phenomenon of the sandwich generation. In one subchapter, the work mentions also the disproportionation of the old-age pension benefit of a family care provider where this care is provided for more than 15 years, and how this benefit could be proportionally changed for the benefit of family careers.

Furthermore, the work is already systematically analyzing individual areas of social security and also conducting comparisons with other countries wherever possible. The third chapter Social services and care allowance is one of the most extensive chapters of the diploma thesis, since the legal issues of social services are in themselves very extensive in content. First, the thesis deals with the analysis of the contribution to care and its possible improvements. The legislation on care allowance is very well designed in comparison with other EU Member States. Only Germany has a more sophisticated system of criteria for assessing the care allowance and the so-called zero level of allowance that is granted to seniors waiting to handle a care allowance and their health gets worse enough to need urgently to pay at least the basic form of care. Another improvement could be the setting of a regular

valorisation of this contribution. A suitable valorisation model was also presented in the thesis. Other subchapters concerned social services. For content clarity, the work first defined social services in general and then analysed and compared specific types of social services, namely social counselling and social care services. Social counselling is very well adapted in the Czech Republic. There is no need to modify the legal provisions relating to this social service. On the other hand, a number of problematic areas emerged during the analysis of social care services. The lack of planning and layout of these services within regions and municipalities is the biggest problem. A suitable solution is to set up a social welfare coordinator who would not only collect information for future planning of these services in the village from seniors and family carers, but also provide specialist family and social counselling. Another problem is insufficient coverage of rural areas by terrain forms of social care services. In addition, families are aware of the fact that this form of care is very costly and the care allowance is not enough to cover all costs. The Czech Republic can respond to this problem by regularly valorising the care allowance and better planning the layout of these services in its territory.

The fourth chapter deals with nursing and long-term caregivers. Since the legislation in this area is the least developed, it is appropriate to first focus on the comparison. These two benefits have virtually no equivalents abroad and, as far as the long-term nursing home is concerned, the Czech legislation is unique in the world. The two-dose regulation is set correctly and no improvements can be made as there are no more detailed studies available.

The fifth chapter briefly discussed the labour law aspect of senior care. Allowing a family carer to work and care at the same time has a positive impact not only on the financial state of the family but also on the psyche of the caretaker himself. Last but not least, there is no exclusion from working life and the carer has the possibility of career growth and higher retirement benefits. At the end of the thesis, it provided some possible legislative amendments, which were found outside the mentioned areas of social security during the analysis.

The greatest benefit of this thesis is the creation of a systematic overview of possible innovations or modifications of the existing legislation on social care for the elderly. At the same time, the work was clearly defined in family care

and thorough analysis. I have not comprehensively found an analysis of this area in any professional publication, so the thesis could serve as a basis for a more detailed legal analysis by the state apparatus, which could then implement any changes in the law.

**Key words: social care for seniors, family care, social services**